# Simple Solutions with Dr. Tim Jennings

written by admin | January 1, 2010

In 2009 and 2010, **Simple Solutions** was broadcast live on Life Talk Radio as a listener call-in talk show, hosted by Charles Mills and featuring Dr. Tim Jennings, an adult Christian psychiatrist, who took listener phone calls and questions on issues regarding mental health and interpersonal relationships. Below is our archive of those two years of shows.

Quick Link to our prior year and other podcasts.

## 2010 🔲 RSS << subscribe to podcast

| Air Date | Show Title | Download MP3 |
|---|---|---|
| Jan 5 | **The Brain Science of ADHD** <br> Your browser doesn't support HTML5 audio elements. | **MP3** |
| Jan 19 | **How to Love as God Loves** <br> Your browser doesn't support HTML5 audio elements. | **MP3** |
| Feb 9 | **Evidence of God** <br> Your browser doesn't support HTML5 audio elements. | **MP3** |
| Feb 16 | **Death, Dreams, and Dating** <br> Your browser doesn't support HTML5 audio elements. | **MP3** |

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| Feb 23 | **Ultimate Truth**<br>Your browser doesn't support HTML5 audio elements. | **[MP3](#)** |
| Mar 2 | **Above The Law**<br>Your browser doesn't support HTML5 audio elements. | **[MP3](#)** |
| Mar 9 | **Issues and Answers**<br>Your browser doesn't support HTML5 audio elements. | **[MP3](#)** |
| Mar 16 | **Stress Head**<br>Your browser doesn't support HTML5 audio elements. | **[MP3](#)** |
| Mar 23 | **Death Becomes Us**<br>Your browser doesn't support HTML5 audio elements. | **MP3** |
| Apr 6 | **Attitude Adjustment**<br>Your browser doesn't support HTML5 audio elements. | **[MP3](#)** |
| Apr 13 | **Sinai on the Brain**<br>Your browser doesn't support HTML5 audio elements. | **[MP3](#)** |
| Apr 20 | **The Real God**<br>Your browser doesn't support HTML5 audio elements. | **[MP3](#)** |
| Apr 27 | **Near Death Experiences**<br>Your browser doesn't support HTML5 audio elements. | **[MP3](#)** |
| May 11 | **Graduation Exercises**<br>Your browser doesn't support HTML5 audio elements. | **[MP3](#)** |
| May 18 | **Seasonal Eating**<br>Your browser doesn't support HTML5 audio elements. | **[MP3](#)** |
| June 1 | **War of Mind**<br>Your browser doesn't support HTML5 audio elements. | **[MP3](#)** |
| June 8 | **Anger Management**<br>Your browser doesn't support HTML5 audio elements. | **[MP3](#)** |
| July 6 | **Scientific Truth**<br>Your browser doesn't support HTML5 audio elements. | **[MP3](#)** |
| July 13 | **Unhealthy Attachments**<br>Your browser doesn't support HTML5 audio elements. | **[MP3](#)** |
| Aug 10 | **Evidence**<br>Your browser doesn't support HTML5 audio elements. | **[MP3](#)** |
| Aug 17 | **Psychiatric Medications**<br>Your browser doesn't support HTML5 audio elements. | **[MP3](#)** |
| Aug 24 | **Love and Dependency 1**<br>Your browser doesn't support HTML5 audio elements. | **[MP3](#)** |
| Aug 31 | **Love and Dependency 2**<br>Your browser doesn't support HTML5 audio elements. | **[MP3](#)** |
| Sept 7 | **God's Use of Laws**<br>Your browser doesn't support HTML5 audio elements. | **[MP3](#)** |
| Sept 14 | **Body Health & Brain Health**<br>Your browser doesn't support HTML5 audio elements. | **[MP3](#)** |
| Sept 21 | **Game Plan**<br>Your browser doesn't support HTML5 audio elements. | **[MP3](#)** |

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| Oct 19 | **World Mental Health Issues**<br>Your browser doesn't support HTML5 audio elements. | **MP3** |
| Oct 26 | **Truth**<br>Your browser doesn't support HTML5 audio elements. | **MP3** |
| Nov 9 | **Love From The Inside Out**<br>Your browser doesn't support HTML5 audio elements. | **MP3** |
| Nov 16 | **Chronic Pain**<br>Your browser doesn't support HTML5 audio elements. | **MP3** |
| Nov 23 | **Thankfulness:  The Healing Benefits**<br>Your browser doesn't support HTML5 audio elements. | **MP3** |
| Nov 30 | **Biblical Tough Nuts from the Old Testament**<br>Your browser doesn't support HTML5 audio elements. | **MP3** |
| Dec 7 | **Obsessive Compulsive Disorder**<br>Your browser doesn't support HTML5 audio elements. | **MP3** |
| Dec 14 | **Christmas and the Christian**<br>Your browser doesn't support HTML5 audio elements. | **MP3** |
| Dec 21 | **SAD Christmas**<br>Your browser doesn't support HTML5 audio elements. | **MP3** |
| Jan 4, 2011 | **The Power of Belief**<br>Your browser doesn't support HTML5 audio elements. | **MP3** |

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| Feb. 17 | **Death Wish – The Scepter of Suicide**<br>Your browser doesn't support HTML5 audio elements. | **MP3** |
| Feb. 24 | **Fighting Depression**<br>Your browser doesn't support HTML5 audio elements. | **MP3** |
| Mar. 3 | **Facing Alzheimer's Disease**<br>Your browser doesn't support HTML5 audio elements. | **MP3** |
| Mar. 10 | **Escaping Divorce**<br>Your browser doesn't support HTML5 audio elements. | **MP3** |
| Mar. 24 | **God is Love**<br>Your browser doesn't support HTML5 audio elements. | **MP3** |
| Mar. 31 | **"Crazy"**<br>Your browser doesn't support HTML5 audio elements. | **MP3** |
| April 7 | **Overcoming Damaging Christian Beliefs**<br>Your browser doesn't support HTML5 audio elements. | **MP3** |
| April 14 | **Gender Bender – Homosexuality and the Bible**<br>Your browser doesn't support HTML5 audio elements. | **MP3** |
| April 28 | **Healthy Love in an Unhealthy Society**<br>Your browser doesn't support HTML5 audio elements. | **MP3** |
| May 5 | **Facing Financial Downturns**<br>Your browser doesn't support HTML5 audio elements. | **MP3** |
| May 12 | **Blended Families – The Mix That Matters**<br>Your browser doesn't support HTML5 audio elements. | **MP3** |

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| May 19 | **Effective Parenting**<br>Your browser doesn't support HTML5 audio elements. | **MP3** |
| June 2 | **Brain Food: Feeding Intelligence at the Dinner Table**<br>Your browser doesn't support HTML5 audio elements. | **MP3** |
| June 9 | **Faith versus Medical Treatments: Which Works Best?**<br>Your browser doesn't support HTML5 audio elements. | **MP3** |
| June 16 | **Victim to Victor**<br>Your browser doesn't support HTML5 audio elements. | **MP3** |
| June 23 | **Violence Behind Closed Doors: Surviving Rape**<br>Your browser doesn't support HTML5 audio elements. | **MP3** |
| June 30 | **Anxiety and Stress: Nature's Gift Out of Control?**<br>Your browser doesn't support HTML5 audio elements. | **MP3** |
| July 7 | **Living with Past Mistakes**<br>Your browser doesn't support HTML5 audio elements. | **MP3** |
| July 14 | **Hiding from God: Seeking Balance After Sin**<br>Your browser doesn't support HTML5 audio elements. | **MP3** |
| July 21 | **Your Own Worst Enemy: Learning to Love Yourself**<br>Your browser doesn't support HTML5 audio elements. | **MP3** |
| July 28 | **When Life Goes from Bad to Worse**<br>Your browser doesn't support HTML5 audio elements. | **MP3** |
| Aug 4 | **Stepping Back from Grief's Dark Door**<br>Your browser doesn't support HTML5 audio elements. | **MP3** |
| Aug 11 | **My Broken Heart: Life After Love**<br>Your browser doesn't support HTML5 audio elements. | **MP3** |
| Aug 18 | **Growing Up Christian: Recognizing Sin, Finding Salvation**<br>Your browser doesn't support HTML5 audio elements. | **MP3** |
| Aug 25 | **The Purpose of Passion: What Sex did God Invent?**<br>Your browser doesn't support HTML5 audio elements. | **MP3** |
| Sept 1 | **Consuming Fire: The Truth About Hell**<br>Your browser doesn't support HTML5 audio elements. | **MP3** |
| Sept 8 | **How Christ Reveals the Father**<br>Your browser doesn't support HTML5 audio elements. | **MP3** |
| Sept 15 | **Media Over Mind: How Television Effects the Brain**<br>Your browser doesn't support HTML5 audio elements. | **MP3** |
| Sept 22 | **Getting Off the Hook: Making Amends with Total Jerks**<br>Your browser doesn't support HTML5 audio elements. | **MP3** |
| Sept 29 | **Shattered Trust: Rebuilding Confidence**<br>Your browser doesn't support HTML5 audio elements. | **MP3** |
| Oct 6 | **Keeping Love Alive after the Honeymoon**<br>Your browser doesn't support HTML5 audio elements. | **MP3** |
| Oct 13 | **Dealing With Differences: Embracing Diversity**<br>Your browser doesn't support HTML5 audio elements. | **MP3** |
| Oct 27 | **The Real Thing – Finding Truth in Love, Life, and God**<br>Your browser doesn't support HTML5 audio elements. | **MP3** |

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| Nov 3 | **Growing With Jesus – Building Your Child's Faith**<br>Your browser doesn't support HTML5 audio elements. | **MP3** |
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| Nov 17 | **Food For Thought** (Pam Kelle, RD)<br>Your browser doesn't support HTML5 audio elements. | **MP3** |
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| Dec 29 | **Simple Solutions for Smoking Cessation**<br>Your browser doesn't support HTML5 audio elements. | **MP3** |